



# WORKING WELLNESS

Good Health is Good Business

OCTOBER  
2014

is...

## Personal Health Assessment Opens Today OCTOBER 23<sup>rd</sup>

Eye Injury  
Prevention  
Month  
Health  
Literacy  
Month



Breast  
Cancer  
Awareness  
Month



National  
Down  
Syndrome  
Awareness  
Month



With



Mental Illness  
Awareness  
Week

Child Health  
Day



*The online PHA will **close** at midnight on 02/01/15.*



1. Please have your biometric results (blood pressure, cholesterol, blood sugar) available.  
(Most recent physician results – obtained between October 1, 2013 to December 31, 2014)

2. Type into the internet browser: <https://bcbsfl.traleexplorer.com/companylogin.aspx>  
and log-on using-  
GROUP NAME: **MONROBOCC** GROUP NUMBER: **B0611-2014/2015**

3. Select "continue" and complete the New User Setup screen as follows:

- Create a **NEW** username (one that you have not used in the past) and password.
- Add your first and last name to be eligible for any incentive(s) offered by your employer.
- Add your e-mail address (if you have one) for support/password assistance.
- Select your gender and enter your date of birth.
- Select **yes** if you are currently enrolled in your employer's Florida Blue insurance plan and enter the **8 digit portion** of your contract number (listed as Member # on your insurance card). Use only the 8 numbers after the letters on your card. HMO members: please do not enter the last 2-digits of your contract number.
- If you do not have Florida Blue insurance through your employer, select **no** and leave the contract field blank.

\*NOTE: You can be confident that the information obtained from your PHA will be stored securely. Florida Blue only uses your information as allowed by law, and only uses aggregate data to report to your employer group. No individual data is ever shared with your employer. This allows your employer to improve overall employee health by offering specific programs. Your assessment and screening information may be used to offer you voluntary programs that may fit your health needs, and you may be contracted about these programs.

For more  
information on these  
observances or  
future observances,  
go to U.S.  
Department of  
Health and Human  
Services at  
<http://healthfinder.gov/NHO/nho.aspx>



# THANK YOU TO ALL OUR LOCAL BUSINESSES FOR SPONSORING THIS YEARS HEALTH FAIRS !

## KEY WEST

- **Fury Watersports**  
888-976-0899
- **Sunset Watersports**  
305-296-2554
- **Sugar Apple**  
305-292-0043
- **Panini Panini**  
305-296-2002
- **Coles Peace**  
305-292-0703
- **Lazy Dog**  
305-295-9898
- **The Bike Shop**  
305-294-1073
- **Mary Kay by Luanne Doughtry**  
305-294-8398
- **Scentsy by Shannon Velasquez** 305-395-9105
- **Small Dog Electronics**  
305-330-4885
- **Island Gym** 305-295-8222
- **Stay Fit** 305-294-0693
- **Island City Tennis**  
305-294-1346
- **Key West Golf Club**  
305-294-5232

## KEY LARGO

- **Robbie's Marina** 305-664-3389
- **The Mindful Mermaid**  
305-896-3059
- **Key Largo Yoga** 305-879-0377
- **Curves** 305-451-1972
- **Froggy's Fitness**  
305-852-8623
- **Key Largo Chocolates**  
305-879-0377
- **Marineers Wellness Center** 305-853-3700
- **Eco Eats**  
305-451-3902
- **The Botanic Gardens @ Kona Kai Resort**  
305-852-9766
- **Theatre of the Sea**  
305-664-2431
- **Aquaholic Adventures**  
305-360-1225
- **Tai Chi Society**  
305-395-2949

## MARATHON

- **Robbie's Marina**
- **Food for Thought**  
305-743-3297
- **Good Food Conspiracy in Big Pine** 305-872-3945
- **Big Pine Radio Shack**  
305-872-4267
- **Paddleboard the Keys**  
321-377-4522
- **Big Pine PT** 305-304-4585
- **Island PT** 305-289-0707
- **Put Your Name on Anything** 305-743-4456
- **Marathon Community Theatre** 305-743-0994
- **Human Services Associates Contact Dixie**  
853-8975
- **Scentsy by Shannon Velasquez** 305-395-4885
- **Plantation Key Health & Rehab Center**  
305-712-0280

**Happy Halloween** 

\* And a special thank you to all of our insurance vendors that attended and donated a raffle prize **Florida Blue, Envision Rx, United Concordia, VSP & Quantum**. A very special thank you to **AHEC** for providing breast and skin cancer screenings, bone density screenings and their smoking cessation program. And to the **Health Department** for giving out important vaccine information at all 3 locations and supplying Flu shots in Marathon.

## SPOTLIGHT OF THE MONTH: NO TOBACCO USE EFF. 01/01/15

On or after January 1, 2015, all individuals enrolling in the County's Health Plan will be subject to a surcharge if he/she certifies to using tobacco products. Failure to certify or certifying incorrectly will also subject the employee to a surcharge and penalty for each enrollee who fails to certify. Tobacco products are defined as cigarettes, cigars, pipe tobacco, chewing tobacco, snuff, dip, electronic or e-cigarettes that contain nicotine or any other product that contains tobacco or nicotine. Nicotine replacement products such as gum and patches are also considered tobacco products.

Link to Q&A: <http://fl-monroecounty.civicplus.com/DocumentCenter/View/8048>



## SPOTLIGHT OF THE MONTH: EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation\*\*.

**\*\* For employees that missed the orientation here is the link to access it:**

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.

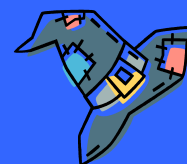


Available 24/7 @ **1-877-747-1200**

Or

Check out their website

<http://www.accessqhs.com/>



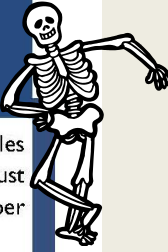


# COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



## Move Over Law Has Changed



**Effective July 1, 2014, the law was changed to include sanitation vehicles and utility service vehicles.**

If you are driving on an interstate or roadway with multiple lanes of travel in the same direction, and you approach an emergency, law enforcement,

sanitation or utility service vehicle parked along the roadway, you must vacate the lane closest to that vehicle as soon as it is safe to do so.

If you are not able to safely move over, you must slow down to a speed of 20 MPH below the posted speed limit unless directed otherwise by a law enforcement officer.

If the speed limit is 20 miles per hour or less, you must slow down to five miles per hour.

Violating the move over law puts both yourself and a public safety professional at risk.

Violating the move over law can result in a fine and points on your license.

**If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.**

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## A word from the Safety Officer



## Fast Facts About Fire



### Home fires

In 2011, U.S. fire departments responded to 370,000 home structure fires. These fires caused **13,910 civilian injuries**, **2,520 civilian deaths**, \$6.9 billion in direct damage.

On average, **seven** people died in U.S. home fires **per day** from 2007 to 2011.

**Smoking** is a leading cause of civilian home fire deaths.

Most fatal fires kill one or two people. In 2012, 8 home fires killed five or more people resulting in a total of 44 deaths.

### Smoke alarms

Almost three of five (60%) of reported home fire deaths in 2007 to 2011 resulted from fires in homes with **no** smoke alarms or **no working** smoke alarms.

Working smoke alarms cut the **risk of dying** in reported home fires **in half**.



In fires considered large enough to activate the smoke alarm, **hardwired** alarms operated **93%** of the time, while **battery** powered alarms operated only **79%** of the time.

When smoke alarms fail to operate, it is usually because batteries are **missing, disconnected, or dead**.

An ionization smoke alarm is generally more responsive to flaming fires and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed, to awaken or assist others, both

types of alarms, or combination ionization and photoelectric alarms are recommended.

### Cooking

Cooking is the **leading cause** of home fires (40%) and fire injuries, followed heating equipment.

**Unattended cooking** was a factor in 34% of reported home cooking fires.

**Two-thirds** of home cooking fires started with ignition of food or other cooking materials.

**Ranges** accounted for the 57% of home cooking fire incidents. **Ovens** accounted for 16%.

**Children** under five face a higher risk of non-fire **burns** associated with cooking and **hot food and drinks** than being burned in a cooking fire.

**Microwave** ovens are one of the leading home products associated with **scald** burn injuries not related to fires.

Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.